

First! If you can, go to YouTube and watch “Psalms” by the Bible Project Guys.

Next, spend some time reading a few different types of psalms mentioned in the video. If you weren’t able to see the video, perhaps try a different psalm from each of the 5 books sectioned up in Psalms as a whole. You may want to take notes as you look for how each style psalm differs.

Now, it’s time to search, think, and pray:

1. Has anything new occurred to you about the book of Psalms as you’ve read and researched? If so, then what? Make notes.
2. What type of psalms do you find yourself relating to the easiest right now? Lament or praise? Reflect on why that may be the case.
3. Reread Psalm 4 (or for the first time today is fine too). Knowing what you know about the life of King David, how does that help your understanding of this psalm?
4. Where else in the Bible do the words of verse 4 seem to resonate? (Hint: think New Testament). What may this mean in regard to the heart of David? How does that help us understand the relationship that David sought after with God?
5. Also, where else in the Bible do the words, “...the light of your face upon us” appear in some form? (Hint: Moses had a brother)
6. Lastly, why would verse 8 be so important to the Israelite that understand the history of the Israelite people and Yahweh? Why would it be so important to David as a king?

Finally, conclude your study time by selecting a psalm of your choice to help you form a prayer to God. This doesn’t have to be so technical. You can even write your own prayer based on the flow and template of a psalm. After composed, spend some time praying and mediating on what has been written. Lament or praise, the purpose of such a psalm is to lead you this worthy thought: *The Lord is faithful, and His glory will ultimately be revealed in all things.*